

KA MA'I DIABETS

Mahina Hoiike

'O ka ma'i diabetes kahi ma'i olakino lō'ihi e pili ana i ka ho'ololi 'ana o kou kino i ka mea'ai i ikehu. 'O ka insulin kahi hormone e hana nui i ka ho'oponopono 'ana i ka nui o ka glucose i loko o ke koko.

Ke loa'a 'oe i ka ma'i ma'i diabetes, 'a'ole lawa ka insulin a i 'ole hana 'ole i ka insulin e like me ka mea e pono ai.

'Ano 'ano 1 Diabetes ma muli o ka ho'ouka hewa 'ana o ke kino iā ia iho a ho'ōki i kou kino mai ka hana 'ana i ka insulin.

'Ano 'ano 1 diabetes 'ike pinepine 'ia i nā keiki, nā 'ōpio, a me nā 'ōpio. 'A'ohe ala e pale ai i ka ma'i diabetes 'ano 'ano1.

'Ano 'ano Diabetes 2 hiki ke hana i ka lawa 'ole o ke kino i ka insulin a 'a'ole hiki ke ho'ohana pono i ka insulin e hana pono ai.

Ho'oulu pinepine diabetes 'Ano 'ano 2 i ka wā o ke kanaka makua, akā na'e, 'oi aku ka nui o ka po'e e ho'omohala nei diabetes 'Ano 'ano 2 ma mua o ke ola.

HELUHELU

- Wahi a ka Ke'ena o ka Ola Ola:
 - o 'O nā 'Amelika 'Amelika **40 pākēneka paha** e 'ike 'ia me ka ma'i diabetes ma mua o ka po'e ke'oke'o Heganika ole.
 - o A **pākēneka ki'eki'e** o na kanaka makua Hawaii a me ka Pakipika (15.6%) Ua loa'a iā ia ka ma'i ma'i diabetes i ho'ohālikelike 'ia me ka lāhui ho'okahi o 'Asia (8.0%) a me nā mea a pau U.S. kanaka makua (8.7%).
 - o Mai 2017-2018, 'Asia He mau Inia **70 pākēneka paha** e 'ike 'ia me ka ma'i diabetes, ke ho'ohālikelike 'ia me nā ke'oke'o Heganika ole.
- **22 pakeneka o ka heluna kanaka makua** ma Palau ua mana'ia he ma'i ma'i ma'i a **14.4 percent of the adult population** ma Palau ua loa'a i ka ma'i ma'i diabetes 'ole (Palau 'Imi 'ano huila, 2017).
- **Ma kahi o 1 i loko o 3 mau mākuai** loko o ka mokupuni 'o Marshall he ma'i diabetes (Lepupalika o Marshall Mokupuni Hō'ike 'ia 'o ka Mana'olana 'Imi 'ano huila, 2018).
- Wahi a nā Nā kikowaena no ka ho'opa'a 'ana a me ka pale 'ana i ka ma'i, **1 out of every 9 individuals** i ka heluna kanaka makua o Hawaii i ka ma'i diabetes.

NA MEA PILIKIA 'ANO 'ANO DIABETES 2



- 'O ke 'ano noho ma'amau
- 'O ka momona a i 'ole ke kaumaha
- Makahiki: he 45 makahiki a oi
- Mo'olelo 'ohana: loa'a kahi makua a i 'ole kaikunāne me diabetes 'ano 'ano 2
- prediabetes
- 'O ka ma'i diabetes Gestational (ka ma'i ma'i i ka wā hāpai) a i 'ole i hānau 'ia kahi pēpē i 'oi aku ke kaumaha ma mua o 9 paona
- He 'Amelika 'Amelika, Heganika/ 'Amelika Latino, 'Amelika 'Amelika, a i 'ole 'Amelika 'Amelika. 'O kekahi po'e o ka Pākīpika a me 'Asia 'Amelika ke 'oi aku ka pilikia

NA HOAILONA & NA HOAKAKA 'ANO 'ANO DIABETES 2



Inā loa'a iā 'oe kekahi o kēia mau hō'ailona diabetes, e 'ike i kāu kauka e pili ana i ka ho'ā'o 'ana i ke kō koko:

- Pololi mau a pololi paha
- Pi'i nui, pinepine i ka pō
- Ke poho kaumaha me ka hoao ole
- Loa'a ka 'ike pohihihi
- Loa'a i nā lima a i 'ole nā wāwae 'eha
- Mana'o luhi loa
- He 'ili malo'o loa
- Loa'a nā 'eha e ho'ōla mālie
- Loa'a i nā ma'i ma'i ma mua o ka ma'amau

KAPU

'ANO 'ANO DIABETES 2

Hiki iā 'oe ke pale a ho'opane'e paha i ka ma'i diabetes 'ano 'ano 2 me ka ma'alahi, nā ho'ololi o ka nohona i hō'ōia 'ia e like me ka lilo 'ana o ke kaumaha inā 'oe ke kaumaha, 'ai 'oi aku ka maika'i, a me ka ho'oikaika kino ma'amau.

E ho'oma'ama'a - e no'ono'o i 30 mau minuke o ka hana i kēlā me kēia lā (hele wāwae, hula, tai chi)



E 'ai i ke olakino - e 'ai i nā hua'ai hou a me nā mea kanu, nā i'a, a me nā mea'ai li'ili'i



E hahai i ka 'ōlelo a'o kino - e kipa i kāu kauka mālama mua, Hale Ola Kaiāulu, Kikowaena Ola Hawaii, a i 'ole ke Ke'ena Ola Ola Kū'ai



NĀ KUMUWAIWAI

- American Diabetes Association: diabetes.org
- American Heart Association: heart.org/en/health-topics/diabetes/diabetes-tools—resources
- National Council of Asian Pacific Islander Physicians: ncapip.org/diabetes
- Pacific Islander Diabetes Prevention Program: pacificislanderdpp.org/resources
- Joslin Asian American Diabetes Initiative: aadi.joslin.org/en
- Healthy Hawaii Initiative: healthyhawaii.com/prevent-diabetes-2

INFORMATION SOURCES

The Centers for Disease Control and Prevention (cdc.gov)

The Office of Minority Health (hhs.gov)

Palau Hybrid Report (palaugov.pw)

Ministry of Health and Human Services Republic of the Marshall Islands (rmihealth.org)